



Bitter Lake

COMMUNITY CENTER

Winter 2007

Community Pancake Breakfast!



February 25 ♦ 9 a.m. – Noon

NEW!

REGISTER ONLINE · it's easy!

www.seattle.gov/parks



SPARC

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13035 Linden Ave N
Seattle, WA 98133-7560

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Bitter Lake Community Center

13035 Linden Avenue North
Seattle, WA 98133
Phone: 206-684-7524 Fax 206-684-0858

Visit us online at www.seattle.gov/parks

Hours of Operation

Monday & Tuesday	1 to 9 p.m.
Wednesday – Friday	11 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday	Closed

Holiday Closures

January 1	New Year's Day
January 15	Martin Luther King Jr. Day
February 19	Presidents' Day

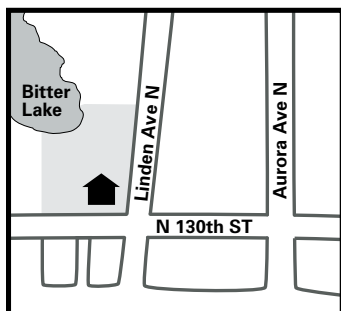
Program Registration

Registration begins Monday, December 4.

Young Spring Sports, February 13

Program Dates

January 2 – March 25, 2007



Directions

Bitter Lake Community Center is located on Linden Avenue N and N 130th Street

Heading North on I-5:

- Take the 130th Street exit (#174).
- Go straight through the stop sign.
- Turn left onto 130th Street
- Follow 130th St about 1 mile, past Aurora Ave N to Linden Ave N and turn right.
- You will see the community center on your left. Park on the street or in the lot to the north of the center.

Heading South on I-5:

- Take the 145th Street exit (#175)
- Turn right onto 145th Street at the stoplight.
- Follow 145th about 1 mile, past Aurora Ave N, and turn left onto Linden Ave N.
- The community center will be on your right at the corner of Linden Ave N and 130th Street N. Park in the lot to the north of the center or on the street.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Management Staff

Ken Bounds, Superintendent
Christopher Williams, Operations Director
Maureen O'Neill, Recreation Manager

Center Staff

Barbara Wade, Center Coordinator
Faizah Osayande, Asst. Center Coordinator
Una Mulligan, Maintenance Laborer
Kyle Griggs, Teen Development Leader
Mputela Scott, Recreation Attendant

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. Visa, MasterCard and American Express. **Please make checks and money orders out to the City of Seattle.** PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Special Events

Community Pancake Breakfast

Join your friends and neighbors for Bitter Lake Community Center's 5th Annual Community Pancake Breakfast! Bring the whole family and enjoy all-you-can-eat pancakes, plus scrambled eggs, sausage, juice, and coffee! All proceeds from this event help provide scholarships for our low-income neighbors. Make this a fun family tradition!

Adults - \$4

Youth & Seniors - \$3

Kids under 4 - Free!

9 a.m. – Noon Sun, Feb 25



Celebrate Winter Concert!

Join us for this wonderful winter concert featuring young people from many local schools and community groups singing some of your traditional holiday favorites, as well as songs from different countries and cultures. Everyone is welcome and we offer special VIP seating for seniors. Please bring an unwrapped toy. Let's help our less fortunate neighbors this holiday season!

6 – 8 p.m. Sat, Dec 9

Fee: Free!



Special Events



Spring Egg Hunt

It's time again for Bitter Lake Community Center's annual Spring Egg Hunt! This fun event is for children ages 2-10. There will be separate hunting areas for different age groups. Everyone should meet at the Bitter Lake Annex (Gym at Broadview Thomson Elementary School) and the hunt will begin at 10 a.m. Please bring a basket so your child can gather candy and eggs. This event is free, but feel free to bring a can of food for the local food bank!

Age: 2 to 10

10 a.m.

Sat, Apr 7

Fee: Free

Location: Bitter Lake Annex

Toddler Spring Fling

Join us for our supersized toddler open gym. We will have a giant jump toy, games, prizes, crafts, and more. If you like, please bring a can of food for the local food bank!

11 a.m. – 12:30 p.m. Wed, Apr 11

Fees: \$2 Baby in arms Free

Location: Bitter Lake Gym



Teen Flashlight Egg Hunt

This fun event will get you in the mood for Spring! Dress warmly and bring a flashlight and a goody bag. Hunt for tons of candy and cool prizes. Meet at the new center at 7:15pm. Don't be late - the hunt begins sharply at 7:30 p.m.!

Age: 11 to 16

7:30 p.m.

Fri, Apr 6

Fee: Free with a can of food for the food bank

Special Events



Community Clean Up Events

Join your neighbors and help clean up our community. Bring the whole family to these fun monthly events. These great events are organized by GAIN (Greenwood Avenue Involved Neighbors) and Improve North Linden. Meet at Bitter Lake Community Center.

10 – 11 a.m.

Fee: Free!

January 6

February 3

March 3

Friday Flicks

Join us on some fun and festive Fridays as we watch movies on the big screen! We'll test your wits with movie trivia, and give out prizes for costumes inspired by the evening's movie selection. We'll be sprawling out in the Bitter Lake Halls, so bring some comfy cushions and some friends and family and join us for some fun and laughs.

6:30 – 8:30 p.m.

Fri, Jan 5

Fees: \$2 for snack

Chicken Little

Friday, Jan 5

Ice Age

Friday, Feb 2

Over the Hedge

Friday, Mar 2

Friday Family Skate!

Join us every Friday night for this popular Bitter Lake family tradition! We have great music and play fun games. Bring your own roller skates or blades, or borrow a pair of ours. It's fun for all ages and abilities! Skate Night takes place at our Annex, located at 13040 Greenwood Avenue North.

Having a birthday? Have a skate party and invite all your friends! Give us a call and ask about renting our party room during Friday Skate Night!

Fridays 6:30 – 8:15 p.m.

Fees: \$3 per skater

Location: The Annex

Neighborhood Walks

Join a group of neighbors for a weekly walk through the neighborhood. The intent is to get some exercise and be visible and active in the neighborhood and report illegal activity. This approach has been effective as a crime deterrent in other neighborhoods. These events are organized by GAIN (Greenwood Active Involved Neighbors) and Improve North Linden. Meet at Bitter Lake Community Center.

5 – 6 p.m.

Fee: Free!

January 17

February 21

March 21



Toddlers

Toddler Open Gym!

Winter is here and so is the rainy weather. Join other toddlers in our indoor playground! There are lots of toys and equipment to play with that are safe and a lot of fun. Make new friends too! Please pay for entrance to open gym at the front counter.

Wed, Fri 11 a.m. – 12:30 p.m.

Mondays 1 – 2:30 p.m.

Fee: \$2 per child

Brain Play

This is a drop-in program for toddlers and their parents. It offers activities, play, and discussions on different areas of toddler development. Discover what activities and toys best support your child's brain in making essential connections. Brain Play is offered in partnership with the North Seattle Family Center. If you've ever taken PEPS, you'll LOVE Brain Play!

Age: Birth to 3 years

Wednesdays 10 a.m. – Noon

Discovery Corner JR Preschool

This class is the perfect early learning and socialization class where your toddler will learn arts and crafts, stories, gym play, sharing, and more in a positive, creative, nurturing environment. A small snack is provided. The instructor is not required to change diapers. Space is limited!

Age: 2 1/2 to 3 1/2

Tue/Thu 9:30 a.m. – Noon

Fee: \$110 /month



Discovery Corner Preschool

Join the fun, make new friends, and get ready for kindergarten too! Your child will learn the alphabet and numbers in a creative, loving, and positive environment. Activities include arts and crafts, science, music and gym, and outdoor play. Parents provide a mid-morning snack. Children must have independent toileting skills.

Parks and Recreation provides "recreation programs" for preschool age children, who are 3 and 4 years old and 5 years old not enrolled in school. The State Department of Social and Health Services (DSHS) defines "child care" in a specific manner which requires licensing. Our preschool programs are not licensed; therefore, we limit participation in preschool recreation programs to 3 1/2 contiguous hours in a day. Accordingly, children may only be enrolled in am or pm, not both.

Instructor: Rebecca Moore

Age: 3 to 5

Fee: \$165 /month

Location: Childcare Room

Discovery Corner AM

MWF 9:30 a.m. – 12:30 p.m.

Discovery Corner PM

MWF 1 – 4 p.m.

Just Starting Sports

Ages 3 – 6

This class will introduce your child to the basics of sports in a fun environment. Participants will get comfortable with their body movement and handling of sports equipment. Skill building and enjoyment are the emphasis of this class for first timers.

Location: Gym

Tue 1:15 – 2 p.m.

Activity Fee: \$30

Session 1

#12877 1/16 – 2/13

Session 2

#12878 2/20 – 3/20



Parents' Night Out

Ages 3 – 12

It's your turn to take time off for yourself and go out for a night! Bring your child to the center for a fun night of activities and you can go out for dinner, a movie, or both! Please register by the Wednesday before the program date.

Location: Childcare Room

Activity Fee: \$15

#12886 Fri, Jan 12 6 – 9 p.m.

#12887 Fri, Feb 9 6 – 9 p.m.

#12888 Fri, Mar 9 6 – 9 p.m.

Creative Dance

Does your child like variety? This is the perfect class – it offers a bit of everything! Join other kids as they have fun learning the basics of tap dance and ballet.

Location: Multi-Purpose Room

Activity Fee: \$75

Ages 4 – 6

#12869 Tue 4:10 – 5 p.m.
1/9 – 2/13

Ages 7 – 10

#12870 Tue 5:10 – 6 p.m.
2/20 – 3/27

Just Starting Basketball!

This class is an introduction to the game of basketball for kids ages 5 – 7. The emphasis is on skill building and learning the fundamentals of dribbling, shooting, and the rules of the game. The participants will practice once a week.

Location: Annex- Large Gym

1/15 – 2/19

Activity Fee: \$65

Wed 5 – 6 p.m.

Ages: 5 to 6

Wed 6 – 7 p.m.

Ages: 6 – 7

Youth & Teens

Spring Sports

Registration begins February 13, 2007

Practice days and times are determined by the availability of the volunteer coach for each sport. T-Ball, Coach Pitch, and Girls Softball games are on Saturday mornings and afternoons. Track practices and meets will be on weekday evenings. We are looking for volunteer coaches to help in our youth sports programs. If you are interested, please call 206-684-7524 for more information.

T-Ball

This introduction to sports focuses on skill development and a fun experience. Teams play against other Bitter Lake teams and teams from other community centers. All practices and games will be held at Bitter Lake fields.

Age: 5 to 7

Apr 9 – Jun 9

Fees: TBA

Coach Pitch Softball

Join this fun program geared toward skill building and teamwork. Teams play other Bitter Lake teams and teams from other community centers.

Age: 8 to 9

Apr 9 – Jun 9

Fees: TBA

Girls Softball

Age groups are 10-11, 12-13, and 14-17. Teams play other community center teams. Each player needs a copy of her birth certificate at the time of registration

Age: 10 to 17

April 21 – June 16

Fees: TBA

Track and Field

Develop and improve your running, jumping, endurance, and track skills. Compete against other community centers. Meets are at Nathan Hale and West Seattle Stadium.

Age: 7 to 17

April 23 – May 24

Fees: TBA

Piano

Ages 7 and older

These private lessons are offered in 30 minute blocks for beginning or continuing students.

Homework will be assigned, so access to a piano or keyboard is essential. Call 684-7524 to arrange a time. There will be a recital at the end of the quarter.

3 – 8 p.m.

Location: Quiet Room

Activity Fee: \$120 (6 weeks)

\$100 (5 weeks)



Barcode	Day & Session	Dates
#12889	Mon I	1/8 – 2/12
#12890	Mon II	2/26 – 4/2
#12891	Tue I	1/9 – 2/13
#12892	Tue II	2/27 – 4/3
#12893	Wed I	1/10 – 2/14
#12894	Wed II	2/28 – 4/4
#12895	Thu I.	1/11 – 2/15
#12896	Thu II	3/1 – 4/5
#12897	Fri I	1/12 – 2/16
#12898	Fri II	3/2 – 4/6

BIG BLAST — School Year Child Care Program

This DSHS-licensed child care program serves youth in Kindergarten through fifth grade. A variety of activities are available to satisfy various interests and age groups. The activities include art and cooking projects, gym games, outside play, and much more. A light snack is provided. Fees are monthly. Call 206-684-7524 to ask about openings.

Explanation of Fees – The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December).

Parks and Recreation offers “school-age care programs” for children between 5 - 12 years of age AND enrolled in school, Kindergarten through 5th grade. Under DSHS rules, we are prohibited from registering for these programs, any child who is younger than 5 years of age or any child who is not enrolled in school.

Director: Marjean McCraw

Age: Kindergarten to 5th Grade



Before School

Mon–Fri	7 – 9 a.m.
5 days/wk	\$160
4 days/wk	\$145
3 days/wk	\$120
2 days/wk	\$95
1 days/wk	\$50

After School

Mon–Fri	3:10 – 6 p.m.
5 days/wk	\$245
4 days/wk	\$230
3 days/wk	\$190
2 days/wk	\$135
1 days/wk	\$ 85



Mid-Winter Break Camp

Ages 5 – 12

A variety of activities are available to satisfy various interests and age groups. The activities include art and cooking projects, gym games, outside play, and much more.

Location: Childcare Room – North

#12884 2/20 – 2/23

Tue, Wed, Thu, Fri 7 a.m. – 6 p.m.

Activity Fee: \$116

Roller Skating Lessons

Ages 13 and older

Beginning and intermediate roller skaters and bladers, this is your chance to learn to skate or improve your skills. After your lesson, you can practice your new skills during Friday Family Skate Night!

Location: Annex- Large Gym

Fri 5:15 – 6:15 p.m.

Activity Fee: \$30

Session 1

#12908 1/19 – 2/9

Session 2

#12909 2/16 – 3/9



Hapkido

Ages 6 and older

Hapkido is a Korean martial art integrating kicking, striking, patterns, and throws. Hap translates as harmony, Ki is intrinsic energy, and Do means “way.” Hapkido is an excellent art for self-defense that also focuses on physical and mental health and being in harmony with one’s environment.

No Class 1/15/07, 2/19/07

Location: Multi-Purpose Room- 1/2 North

4:45 – 6:15 p.m.

#12875 1/8 – 4/5 Mon, T/Th

3 Days/Wk—\$105, 2 Days/Wk—\$70

Teen Advisory Council

The Bitter Lake Teen Advisory Council (TAC) is the hotline to all your service hour needs. Whether you need community service hours or an advisor and location for your senior project, the Bitter Lake TAC is the place for you. TAC members learn to organize, promote, and put on all types of events and learn techniques on public speaking, résumé writing, personal economics, communication skills, teamwork, and influencing others.

Age: 13 to 19

Thursdays 5:30 – 7 p.m.

Location: Teen Room

Fee: Free

Teen Volunteer Group

If you need service hours or you just want to volunteer at the community center, then join the volunteer group on the 2nd & 4th Tuesdays of the month. You can sign up for regular weekly service hours and also help design a service project.

Tuesdays 4 – 7 p.m.

Fee: Free

Documentary Matinee Discussion Group

Are you interested in nonfiction films that have a theme or viewpoint but draw their material from actual events and use editing and sound to enhance their themes? Or do you care about certain issues and want to share your viewpoints through documentaries?

Come by the Bitter Lake Teen Room, watch and discuss the movie, and eat popcorn the whole time. The group will vote on which documentaries they want to see and what issues they want to address.

1st & 3rd Tuesday of each month

4 – 7 p.m.

Fee: Free



School is out Field Trips & Activities!

Come and spend your afternoon with us for some new experiences. Meet some new friends and have a blast! Make sure you have an authorization form on file for the trips. Contact the Teen Development Leader for more details.

Lazer Tag

Put your sharpshooter glasses on and join us for some high action fun this winter!

Age: 13 to 19

Fri, Feb 2

Location: Bitter Lake Community Center

Gene Juarez Up-dos and Haircuts

Come and get a free up-do or haircut with the teen program at Gene Juarez!

1:15 – 5 p.m.

Wed, Feb 7

Fee: Free

Late Night for Teens!

Oh, Yeah! The freedom to hang with your friends, roller skate, swim, shoot some hoops, or watch a movie. It's your weekend, let's start it off right. In North Seattle, Late Night is offered on Friday and Saturday nights at the Bitter Lake Annex and Meadowbrook Teen Life Center. Late Night is totally free and for teens ages 13-19 years old!

Fri, Sat 7 p.m. – Midnight

Location: Bitter Lake Annex

Meadowbrook Teen Life Center

Family Fun Center

Got the mid-February blues? Join us for some uplifting excitement at the Family Fun Center!

Age: 13 to 19

Fri, Feb 16

3 on 3 Tourney

Wed, Mar 7

Teen Open Gym

Come down to Bitter Lake and shoot some hoops or play dodge ball. Every day of the week from 2:30 until 5 p.m. except Thursdays, when the hours are 3:30 until 5 p.m.

Fee: Free

Homework Helpers!

Having trouble with a class or just need the motivation to do your homework? Join us every Tuesday, Wednesday, Thursday, and Friday from 3 – 4 p.m. If you are interested in being a tutor in exchange for community service hours, please see the Teen Development Leader.

TWThF

3 – 4 p.m.

Fee: Free

Teens



Winter Break Trips and Events!

Join us this winter for one or all of these awesome trips and events! Please call ahead to register. All trips require a yellow participation form on file. All trips without prices and times are yet to be determined. Please contact the Teen Development Leader for more information.

NorthWest Trek

See bighorn sheep, deer, Roosevelt elk, woodland caribou, mountain goats, bison, and more up close from comfortable trams while touring the free-roaming area. Walk forested pathways to view grizzlies, black bears, wolves, bobcats, lynx, cougars, owls, eagles, and wetland animals in beautiful natural exhibits. Five miles of nature trails await exploration and the Cheney Discovery Center offers exciting hands-on experiences.

Tue, Dec 19

Premium Outlets Last Minute Shopping Trip

Still have some presents to get? Join us for a day of high paced shopping.

Wed, Dec 20

Snow Tubing

Join us as we race down the hills at the summit at Snoqualmie on intertubes! Don't forget your hat!

Thu, Dec 21

Holiday Movie Matinee

Come out and see the newest and coolest holiday movie this year!

Fri, Dec 22

Comedy Movie Marathon

Join us for a nonstop laugh afternoon! We will have tons of funny movies and snacks!

Wednesdays 2 – 9 p.m.

Wed, Dec 27

Fee: Free

Ski/Snowboarding Trip!

Join us for some outdoor chilly fun at the summit at Snoqualmie! Prices and times to be determined.

Thu, Dec 28

MLK March

Join teens from around the city as we march in honor of Dr. Martin Luther King, Jr. Meeting time to be announced.

Sat, Jan 13

Mid-Winter Trips

February 20-23 will be jam-packed with excitement and adventure as we take a break from school with tons of fun activities!

Feb 20 – Feb 23

Adults

Bitter Lake Advisory Council

Join a group of community volunteers who serve on the Bitter Lake Advisory Council. Get involved in your community and make a difference! The Bitter Lake Advisory Council meets monthly on the fourth Thursday.

7 – 9 p.m.

English as a Second Language

Learn English along with your neighbors in this friendly class. Adults meet on Mondays and Wednesdays. On Fridays, everybody, including the preschool children of the students, come together to learn. The instructors of these fun educational classes are professionals from North Seattle Community College. Meet the teacher and sign up Mondays at 10 a.m.



Age: Adults

MWF 10 a.m.

Men's Basketball League

Get a team together and join one of our men's basketball leagues. Give us a call for more information.

Adult Drop-In Sports!

Adults, here's your chance to drop in, have some fun, and get in shape too! Please pay your \$2 drop-in fee at the front counter before entering the gym. Adult drop in programs are ongoing and the schedule is subject to change.

Basketball

Tuesdays 7 – 9 p.m.

Fee: \$2 per person

Dodgeball

Wednesdays 7 – 9 p.m.

Fee: \$2 per person

Jazzercise

The world's largest dance fitness program combines total body conditioning, the benefits of aerobics, and the fun of dance. Each class is one hour long and includes: warm-up, aerobics, toning, strengthening, and cool down. This is a paid advertisement. This class is not operated by the Bitter Lake Advisory Council.

Instructor: Kathy Batson and Sandy Ziegler

Saturdays 9 – 10 a.m.

Tue, Thu 6:30 – 7:30 p.m.

MWF 9:30 – 10:30 a.m.

Fee: \$8 or \$30 for 5 classes (new student special) *monthly passes available*

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Pro Parks Levy

Adults

Kickboxing

Ages 13 & up

This is a class you'll look forward to each week! Kickboxing workouts are a great way to get in shape and stay fit. This class will help increase your stamina, flexibility, and strength.

Location: Multi-Purpose Room

#12881 1/9 – 3/1 T/Th

7:40 – 9 p.m.

Activity Fee: \$75

Yoga

Ages 12 and older

Would you like to learn the basics of yoga? Are you looking to take some time away from your busy life? Sign up for yoga and not only will you be able to relax and learn something new, you will also get into great shape in the process!

Location: Multi-Purpose Room- 1/2 South

Wed 5:30 – 6:30 p.m.

Activity Fee: \$30

#12923 2/7 – 2/28

#12922 1/10 – 1/31

#12925 3/7 – 3/28

Hapkido

Ages 6 and older

Hapkido is a Korean martial art integrating kicking, striking, patterns, and throws. Hap translates as harmony, Ki is intrinsic energy, and Do means "way." Hapkido is an excellent art for self-defense that also focuses on physical and mental health and being in harmony with one's environment.

No Class 1/15/07, 2/19/07

Location: Multi-Purpose Room- 1/2 North

#12875 1/8 – 4/5 Mon, T/Th

4:45 – 6:15 p.m.

Fee: 3 Days/Wk-\$105, 2 Days/Wk-\$70



Butokukan Karate

Improve your body and mind through techniques followed in this ancient martial art form. Learn basic strikes, kicks, blocks, and stances. Participants test for the belt rank at their own pace.

No Class 1/15/07, 2/19/07

Location: Multi-Purpose Room

Beginner

Ages 7 and older

#12867 MW 7 – 9 p.m.

1/8 – 4/4

Activity Fee: \$80

Advanced

#12927 MW 7:30 – 9 p.m.

1/8 – 4/4

#12929 Sat 12 – 2 p.m.

1/13 – 4/7

Activity Fee: \$80

Kendo

Ages 12 and older

Kendo is a co-ed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use bamboo swords and full protective body armor. Participants must purchase a bokken (bamboo sword) either before or at first class.

Location: Gym

#12879 Wed 7 – 9 p.m.

1/17 – 4/4

Activity Fee: \$80

Scrap Booking

Ages 10 – 73

Scrap booking is a fun way to create a story book of your life memories! Participants will learn the basics of scrape booking. This is a great place to share your ideas and fond memories!

Location: Family Center

#12910 Thu 6:30 – 8 p.m.

1/11 – 2/1

Activity Fee: \$40

Adults

Beginning Ceramics

Ages 13 and older

In this fun class for beginners, you will learn basic wheel throwing methods and the fundamentals of hand-building. This class will provide frequent demonstrations and individualized instruction with lots of hands-on fun.

Location: Art Room

#12866 **Sat** **Noon – 1:30 p.m.**
1/13 – 1/20

Activity Fee: \$55

Open Art Studio

Ages 13 and older

This fun course will allow you to explore your creative side! In open Art Studio you will learn to paint and draw from still life. Instruction will be provided and you will be encouraged to create your own style and vision.

Location: Art Room

#12885 **Wed** **6 – 9 p.m.**
1/10 – 1/31

Activity Fee: \$75

Mexican Cooking

Ages 13 and older

Come learn how to cook authentic mexican dishes. You will get to taste your creations at the end of class.

Location: Kitchen

#12883 **Sat, Feb 10** **10 a.m. – 1 p.m.**

Activity Fee: \$25

Thai Cooking

Ages 13 and older

In this beginner's course, you will learn the basic techniques and become familiar with the fresh herbs, spices, and other ingredients which make Thai food delightfully tasty.

Location: Kitchen

#12919 **Sat, Jan 20** **10 a.m. – 1 p.m.**

Activity Fee: \$25



Adults

Fly Tying – Beg.

Ages 17 and older

The Northwest Fly Anglers are teaching the basic techniques of fly tying, using patterns effective in Northwest Rivers. The instructor will supply basic materials, but students should bring basic tools such as a vise and bobbin/tread.

Location: Art Room

#12873 Wed 7 – 9 p.m.

3/7 – 4/11

Activity Fee: \$40

Rod Building

Ages 16 and older

The course will focus on building graphite fly rods under the supervision of experienced rod builders. Students should bring their own supplies; rod blanks, reel seats. Construction tools will be furnished. The class is taught by the Northwest Fly Anglers Association.

Location: Art Room

#12872 Wed 7 – 9 p.m.

1/17 – 2/28

Activity Fee: \$40



Piano

Ages 7 and older

These private lessons are offered in 30 minute blocks for beginning or continuing students. Homework will be assigned, so access

to a piano or keyboard is essential. Call 684-7524 to arrange a time. There will be a recital at the end of the quarter.

3 – 8 p.m.

Location: Quiet Room

Activity Fee: \$120 (6 weeks)

\$100 (5 weeks)

Seniors

Senior Dance

Step out to the sound of our band, the Peptones, at our weekly Senior Adult dance! Enjoy good friends, refreshments, fun weekly themes — and of course, DANCING! Lucille Getchell is your lovely hostess who puts on a fabulous dance!

Thursdays

1 – 3 p.m.

Fee: \$3.50 at the door



Barcode	Day & Session	Dates
#12889	Mon I	1/8 – 2/12
#12890	Mon II	2/26 – 4/2
#12891	Tue I	1/9 – 2/13
#12892	Tue II	2/27 – 4/3
#12893	Wed I	1/10 – 2/14
#12894	Wed II	2/28 – 4/4
#12895	Thu I.	1/11 – 2/15
#12896	Thu II	3/1 – 4/5
#12897	Fri I	1/12 – 2/16
#12898	Fri II	3/2 – 4/6

Senior Adults

Northwest Senior Adult Registration Information: Classes/Special Events

**Northwest Sector Recreation Specialist
206-233-7138**

**Winter Quarter Dates:
January 1 – March 19, 2007**

No classes:

Holiday Closures

Monday, January 1, New Year's Day

Monday, January 15, Martin Luther King Jr. Day

Monday, February 19, Presidents' Day

Make-ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor that you're making up the class.

Class Registrations: Begin December 4, 2006. Class times/dates/instructors are subject to change.

**Please make checks payable to
City of Seattle**

**Mail payments to: Senior Adult
Programs, Attn: Northwest Sector,
8061 Densmore Ave N, Seattle, WA
98103-4436.**

Senior Aerobics Bitter Lake

Ages 50 and older

Join a friendly, low impact aerobics class that will help energize you. Body strengthening and stretching are taught by certified instructor.

Location: Bitter Lake Community Center Multi-Purpose Room

**#13576 Thu 9 – 10 a.m.
1/4 – 3/15**

Activity Fee \$24

Body Conditioning

Ages 50 and older

This class is perfect for all fitness levels. Gain strength and greater flexibility. Look and feel better. Use dynabands/free weights/balls for strength conditioning. Instructor: Lisa Haynes.

Location: Bitter Lake Community Center Multi-Purpose Room

**#13356 Tue 10:50 – 11:50 a.m.
1/2 – 3/13**

Activity Fee \$30

Yoga — Bitter Lake

Ages 50 and older

Gentle stretching to keep limber build muscles, and improve breathing and balance. All skill/fitness levels. Instructor Paul Federowicz.

Location: Bitter Lake Community Center Multi-Purpose Room

**#13584 Thu 10:15 – 11:15 a.m.
1/4 – 3/15**

Activity Fee \$36

Beginning Watercolor

Learn to Watercolor!

Ages 50 and older

Take on a new challenge. Learn the technique of watercolor painting. This beginner's course will introduce mixing colors and techniques through a series of projects. Bring your own supplies, a list can be provided for you if you need help determining what you need.

Location: Bitter Lake Community Center Art Room

**#13547 Mon Noon – 2 p.m.
1/8 – 3/12**

Activity Fee \$50

For more information on these and other Senior Adult programs, please call 206-684-4951 and request a copy of our latest brochure.

Senior Adults

Beginning Bridge**Ages 50 and older**

Beginning bridge classes are hard to find, so get the word out! Start with the basics and play away. You'll enjoy short classroom instruction and lots of practice. Goal: Bridge addiction and FUN. You don't need a partner. Taught by Steve Sidell, TAP Instructor



Location: Bitter Lake Community Center Multi-Purpose Room

#13354 Mon 9 – 11 a.m.
1/8 – 3/12

Activity Fee \$36

Intermediate Bridge**Ages 50 and older**

This duplicate-style class focuses on a limited topic each quarter with repetition, drills, and a textbook to help you along. Past topics have been no-trump, 2-suited hands, slam hands, etc. Bring a lunch. Taught by Steve Sidell.

Location: Bitter Lake Community Center Multi-Purpose Room

#13530 Mon 11:30 a.m. – 1:30 p.m.
1/8 – 3/12

Activity Fee \$36

Understanding Hearing Loss**Ages 50 and older**

The goal of this class is to provide information about how we hear, the psychological effects of hearing loss, and how to maximize communication. This course will help you understand hearing loss and its impact on hard of hearing individuals and their friends and families. It will also include tips for facilitating communication and a discussion on solutions for coping with communication breakdowns

Location: Bitter Lake Community Center Multi-Purpose Room

#13514 Thu, Feb 8 1 – 2:30 p.m.

Activity Fee: None

Cooking — New Year's Resolutions**Ages 50 and older**

Location: Bitter Lake Community Center Kitchen

#13523 Thu, Jan 18 10 a.m. – Noon
Activity Fee \$15

Cooking — Gourmet Burgers!**Ages 50 and older**

Rosangela's culinary creativity will get you hopin' in the kitchen. Learn new and exciting ways to create simple and easy dishes. To finish each class, you get to eat your creations while enjoying the company of friends!

Location: Northgate Community Center Kitchen – Large

#13520 Thu, Feb 8 10 a.m. – Noon
Activity Fee \$15

Cooking — Irish Pasties**Ages 50 and older**

Location: Bitter Lake Community Center Kitchen

#13522 Thu, Mar 8 10 a.m. – Noon
Activity Fee \$15



Senior Adults

Reverse Mortgage "Enough Income?"

Ages 50 and older

Learn about reverse mortgages and how they can help you in retirement to meet your needs. Listen to a professional explain all there is to know.

**Location: Bitter Lake Community Center
Multi-Purpose Room**

#13550 Fri, Jan 26 1 – 2 p.m.

Activity Fee: None

Patch-work Politics: Eleanor Roosevelt

Ages 50 and older

In honor of President's Day, we are traveling back in time with storyteller Debbie Dimitre as she portray's Eleanor Roosevelt, a much loved first lady and human rights activist. You will believe that Eleanor Roosevelt is right before your eyes telling her story. Don't miss this performance! Potluck to follow.

**Location: Bitter Lake Community Center
Multi-Purpose Room**

**#13548 Fri, Feb 16
11:30 a.m. – 2:30 p.m.**

Activity Fee \$10

Nature Walk — Burke Gilman by Lake City

Ages 50 and older

Enjoy forest, streams, and more. Walk at your own pace for up to 1 1/2 hours. Early registration is required. Pick up at Ballard CC. Wear all-terrain shoes. Lunch out on your own.

**Location: Ballard Community Center
Outdoor Space**

#13542 Wed, Mar 14 10 a.m. – 2 p.m.

Activity Fee \$7

Nature Walk — Olympic Sculpture Park

Ages 50 and older

#13544 Wed, Feb 21 10 a.m. – 2 p.m.

Activity Fee \$7

Nature Walks and Hikes — Lincoln Park

Ages 50 and older

**#13543 Wed, Jan 17
10 a.m. – 2 p.m.**

Activity Fee \$7

Helping Hands — Atlantic Street Nursery

Ages 50 and older

Simple, one-hour, non-strenuous work and socializing. Bring a sack lunch; we provide drinks and treats. Name the park with which you'd like to assist. Van pick-up from Ballard CC, or meet us there. Early registration is required.

**Location: Ballard Community Center
Outdoor Space**

#13527 Tue, Mar 6 10:15 a.m. – 1 p.m.

Activity Fee: None

Helping Hands — Carkeek

Ages 50 and older

#13528 Tue, Feb 13 10:15 a.m. – 1 p.m.

Activity Fee: None

Art Deco — The Roaring 20s, NW Architecture

Ages 50 and older

Take a trip back in time to Seattle in the roaring '20s. Visit rich interior lobbies, ornate commercial buildings, and discover how NW imagery was incorporated into the power and rhythm of downtown Seattle's early 20th century architecture. 2 hour walking tour. Lunch on your own following. Early registration is required.

**Location: Pick up at Northgate 9:50 a.m.,
Bitter Lake 10:05 a.m., Ballard 10:20 a.m.**

#13351 Wed, Feb 28 10:20 a.m. – 3 p.m.

Activity Fee \$17



Senior Adults

Death By Chocolate!

Ages 50 and older

If you love chocolate, then this is the trip for you. We are going to learn how to make our own chocolates, and you get to keep them. Each person will get his or her own mold and 1 pound of chocolate. You will learn techniques to create detailed looking chocolates. Lunch on your own in Edmonds. Northbound

Location: Pick up Ballard 9:15 a.m., Bitter Lake 9:30 a.m., Northgate 9:45 a.m.

#13524 Wed, Jan 24 9:45 a.m. – 2:30 p.m.

Activity Fee \$20

Extreme Antiquing

Ages 50 and older

We are headed to Snohomish, the Antique Capital of the Northwest. You will find tons of shops to browse through to find unique treasures. Have lunch on your own in this quaint historic town. Northbound

Location: Pick up Ballard 9:15 a.m., Bitter Lake 9:30 a.m., Northgate 9:45 a.m.

#13526 Wed, Feb 7 9:45 a.m. – 3:30 p.m.

Activity Fee \$10

Microsoft Art Collection

Ages 50 and older

Back by popular demand! View the extensive art collection located on the Microsoft Campus. Lunch on your own at Redmond Town Square. Northbound

Location: Pick up Ballard 9:30 a.m., Bitter Lake 9:45 a.m., Northgate 10 a.m.

#13539 Mon, Jan 22 10 a.m. – 3 p.m.

Activity Fee \$10

Pioneers to Policemen!

Ages 50 and older

We are taking on Pioneer Square! We will visit the Seattle Police Museum and the Klondike Gold Rush Museum. Bring \$2.70 admission with you for Police Museum. Have lunch on your own.

Location: Pick up Northgate 10 a.m., Bitter Lake 10:15 a.m., Ballard 10:30 a.m.

#13549 Wed, Feb 14 10:30 a.m. – 3 p.m.

Activity Fee \$6



Skagit Eagle Float Trip

Ages 50 and older

This is our 2nd annual float down the Skagit River through the bald eagle sanctuary. Taking the time to view it by river will give you a chance for a more up close view of the eagles that come to this area each winter to roost. All equipment and lunch are provided. Please mention any dietary restrictions when you register. Send with your registration a check made out to Alpine Adventures for \$60.

Location: Pick up Ballard 7:30 a.m., Bitter Lake 7:45 a.m., Northgate 8 a.m.

#13580 Wed, Jan 10 8 a.m. – 5 p.m.

Activity Fee \$10

Senior Adults

Tacoma Museums

Ages 50 and older

What a day we have planned for you! First we are having a docent guided tour at the Museum of Glass (there will be time for hot shop viewing!), then lunch on your own, followed by another docent led tour at the Art Museum. Please bring cash for admission to each museum \$8 for Glass Museum, \$6.50 for Art Museum. Northbound

Location: Pick up Ballard 9:15 a.m., Bitter Lake 9:30 a.m., Northgate 9:45 a.m.

#13581 Wed, Mar 7 9:45 a.m. – 4:30 p.m.

Activity Fee \$10

Lunch Club — Cheesecake Factory

Ages 50 and older

Explore the hottest local foods with fun people. Pre-registration required. There is an automatic 17-20% gratuity on your table's tab. Meet at Ballard CC at 11 a.m. Each trip is \$4 paid in advanced.

Location: Ballard Community Center
Outdoor Space

#13536 Tue, Mar 13 11 a.m. – 2 p.m.

Activity Fee \$4

Lunch Club — Etta's Seafood

Ages 50 and older

#13537 Tue, Feb 20 11 a.m. – 2 p.m.

Activity Fee \$4

Lunch Club — Taste of India

Ages 50 and older

#13538 Tue, Jan 9 11 a.m. – 2 p.m.

Activity Fee \$4

Open Bridge

Party bridge managed by Leo, call (206) 364-4604 if you have questions.

Age: 55+

Thursdays 1:30 – 4:30 p.m.

Fees: \$0 Bring donations for coffee

Location: Bitter Lake CC

Pickleball

Learn this fun game that is played indoors and is a cross between tennis and ping pong. All equipment provided!

Tuesdays 10:30 a.m. – 12:30 p.m.

Fridays 12:30 – 2:30 p.m.

Fees: \$1.00 drop-in (\$2.00 if under age 55)

Location: Bitterlake CC

Senior Dance

Step out to the sound of our band, The Peptones, at our weekly Senior Adult dance! Enjoy good friends, refreshments, fun weekly themes- and of course, DANCING! Lucille Getchell is your lovely hostess who puts on a fabulous dance!

Thursdays 1 – 3 p.m.

Fees: \$3.50

Trip Registration Information

Trip Registration: Call (206) 233-7138 to register for trips. You may sign yourself up and one other person. Please state your name, trip, and location of pick up when calling. You'll be called back ONLY if on the wait list.

Payment must be received five working days prior to trip or be subject to cancellation.

Please make checks payable to

City of Seattle. All Checks should be mailed to: SAAC, Senior Programs, Attn: NW Sector, 8061 Densmore Avenue N, Seattle, WA 98103

PICK-UP SITES: (Please park your car on the road)

Ballard CC	6020 28 Avenue NW
Bitter Lake CC	13035 Linden Avenue N.
Northgate CC	10510 5 th Ave. NE

Northbound trips Ballard 30 mins. before time listed, Bitter Lake 15 minutes before time listed, and Northgate at the time listed.

Southbound trips Northgate 30 mins. before time listed, Bitter Lake 15 minutes before time listed, and Ballard at the time listed.

Vans will only wait for 5 minutes for late people. Registrations begin promptly at 8:00 a.m. Please don't call any earlier. Please do not wear any fragrances as a courtesy to those who have chemical sensitivities.

Phone Numbers

Community Centers

Alki	684-7430
Ballard	684-4093
Bitter Lake	684-7524
Delridge	684-7423
Discovery Park	386-4236
Garfield	684-4788
Green Lake	684-0780
Hiawatha	684-7441
Highpoint	684-7422
Jefferson	684-7481
Langston Hughes Performing Arts Center	684-4757
Laurelhurst	684-7529
Loyal Heights	684-4052
Magnolia	386-4235
Magnuson	684-7026
Meadowbrook	684-7522
Miller	684-4753
Montlake	684-4736
Northgate	386-4283
Queen Anne	386-4240
Rainier	386-1919
Rainier Beach	386-1925
Ravenna-Eckstein	684-7534
Sand Point	684-4946
South Park	684-7451
Southwest	684-7438
Van Asselt	386-1921
Yesler	386-1245

Swimming Pools

Ballard	684-4094
Evans	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Queen Anne	386-4282
Rainier Beach	386-1944
Southwest	684-7440
Colman (Summer only)	684-7494
Mounger (Summer only)	684-4708

Libraries

Ballard Library	684-4089
Beacon Hill Library	684-4711
Bookmobile/Mobile Services	684-4713
Broadview Library	684-7519
Capitol Hill Library	684-4715
Central Library	386-4636
Columbia Library	386-1908
Delridge Library	733-9125
Douglass-Truth Library	684-4704
Fremont Library	684-4084
Green Lake Library	684-7547
Greenwood Library	684-4086
High Point Library	684-7454
Lake City Library	684-7518
Madrona Sally Goldmark Library	684-4705
Magnolia Library	386-4225
Montlake Library	684-4720
NewHolly Library	386-1905
North East Library	684-7539
Northgate Library	386-1980
Queen Anne Library	386-4227
Rainier Beach Library	386-1906
Southwest Library	684-7455
University Library	684-4063
Wallingford Library	684-4088
West Seattle Library	684-7444

Neighborhood Service Centers (DON)

Ballard NSC	684-4060
Capitol Hill	684-4574
Central NSC	684-4767
Delridge NSC	684-7416
Downtown NSC	233-8560
Fremont NSC	684-4054
Greater Duwamish NSC	233-2044
Greenwood NSC	684-4096
Lake City NSC	684-7526
Queen Anne/Magnolia NSC	684-4812
Southeast NSC	386-1931
University NSC	684-7542
West Seattle NSC	684-7495

You can make a difference!

The Bitter Lake Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Bitter Lake's Advisory Council is always looking for new members. Meetings are held on the fourth Thursday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Bitter Lake Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Register online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks, where you can find our seasonal brochures and register for many of our classes online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

All rooms at the Center, including the Gym are available for rental on an availability basis. Rates are reasonable, so schedule your next birthday party, wedding reception, or potluck event with us. For more information, please call 206-684-7524.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fees paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.